

Abstract of the Invention

Instruments and methods for preparing adjacent bones for fusion, and for inserting implants are disclosed. In one embodiment, the instruments include paddles for spacing the adjacent bones a predetermined distance and a cutting edge to create a channel between the adjacent bones to receive a fusion implant. In another embodiment, the instruments include a bone cutting instrument, a rasp, and an implant inserting tool. The instruments and methods are particularly advantageous for preparing a spinal fusion implant site.